

Psalm 42:11

Why are you cast down, O my soul?  
And why are you disquieted within me?  
Hope in God;  
For I shall yet praise Him,  
The help of my countenance and my God.

As long as we have hope there's no reason to be cast down or disquieted. Those who try to live without hope of eternity have a reason to be disquieted in their soul. Hope in God is the antidote for a soul that's cast down. A living hope leads to praise and worship. Inner hope has a power that overcomes all obstacles. Especially when it expresses itself in praise to Him. This atmosphere of praise is sure to lift and help the countenance of the depressed.

Praise to God is a weapon in the battle against depression. All is well under His eye sight. Even death becomes OK as long as we know His eye is on that death. We learn to praise the Lord in all situations of life. In spite of all the bad that may be happening we find praise rising up out of the flesh that's fixed on [Jesus Christ](#) and the hope He brings.

In The Master's Service,

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